

# SPARE

# CHANGE



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Weeks!

Canada's  
Street Newspaper  
now serving Vancouver,  
Burnaby, Edmonton,  
Victoria & the Interior

March 1, 1994  
Vol 2 No 9

## Parlour Talk

**P**icture a warm, sunny afternoon in Stanley Park. Kids are playing at third beach, parents chatting nearby. Others walk the seawall, or head into town to meet friends for coffee or a movie. Sounds idyllic? But there is a group of people missing from this perfect picture, a subculture that spends its time, instead, in the dark, often dangerous, beer

Please turn to page 3.



### The Change Page 4

Spare Change is moving into high gear - look out Rolling Stone Magazine: our future's so bright, we gotta wear shades

### Letters to the Editor 5

The mail has been pouring in of late, with some big surprises.

### The Comments Page 6

Reader Debra Purdy Kong wonders about the connections between recent political and international events and reaches some interesting conclusions.

### Cheap Thrills 7-10

Wherein Karl Grupe Jr. reviews a recent Vancouver art exhibit, Susan Andrews poses another crossword conundrum and Thérèse Boyd talks hair. Plus another recipe from Bannock 'n' Beans writer Murray Champniss.

### Come In Out of the Cold 14

Spare Change is growing in Vancouver as well. In a few weeks, we'll be expanding into bigger offices and you're invited to come share our space. There's still room for a few motivated people - why wait for someone to hire you when you can start your own professional business today?

## Notice

Please buy only from vendors wearing a Spare Change ID badge

## Do Your Part

Help spread the Spare Change word by tearing off the back page of this paper and posting it in a public place: a community advertising for the '90s!





# The Housing Report

With the assistance of The Phoenix Outreach Society and Spare Change Newspaper, Circulation Manager George Stoner is organizing decent housing for several street vendors who have indicated they want to get off the skids. Last month we asked you for your support. This month we are pleased to report that the program has been an outstanding success.

"We are all moved in and getting comfortable," claims George. "I can't believe all the calls we got to help us out. It sure shows how many people

are reading this newspaper and how many people care in the city of Vancouver.

"We've had the usual problems getting new people together. One of them was asked to leave because he didn't respect the rules of the house, which are no drugs and no alcohol. We want to get away from all that stuff. But everything else is great, and I want to personally thank all the people who helped us out. We've made some new friends."

George adds that there is still one small hitch in their new dream house: three of the ven-

dors are still sleeping on the floor: "If we could get three more beds by mid-March, we'd be in heaven!"

Most of the people who supplied furniture requested anonymity. So we aren't going to print all the names here but they know who they are. Everybody involved should feel wonderful about helping bring this project together.

"We cooked our first meal the other day," laughed George. "Imagine, forty-five years old and my first home-cooked meal since I was a kid. This is really where it's at!"



Photo by Murray Champness

## We're Growing!

Spare Change is getting a larger office and we need some help in furnishing it. Our present list of office equipment consists of one old desk and a filing cabinet, so we are starting from scratch. We could use several desks, lamps, filing cabinets, a table, a Mac computer (please, no IBM clones), four gallons of paint plus all the usual office stuff. Since our budget is somewhat limited, we really can't afford to shop even at the Sally Ann. Can you help?

We can offer our thanks by putting your name in our supporter's list, and by sending you a receipt for your donation. Sorry, we aren't a federally registered charity yet so we can't offer a tax write-off. Yes, we are now a Non-Profit Society and can accept cash donations. Please indicate if

you wish to remain anonymous. Many thanks.

### Goods and Services

We wish to thank the individuals and companies who have assisted us with their support in the past 18 months.

Picasso Cafe  
Phillips Doherty  
Que Pasa Foods  
The Quest Outreach Society  
The Spotty Dog  
Starbucks Coffee  
Edmonton City Centre Church Corporation  
Dominion Securities  
Sam the Record Man  
Flying Wedge Pizza  
The Letter Shop  
The Original Print Bind  
Klinge Consulting  
Office Alternatives  
McFarlane and Parkes

Mastersound  
The Printing House  
The Gospel Alliance Church  
Van City Savings Credit Union  
CHRX Radio  
Farwest Printing  
Artistat  
Wall Financial Corporation  
Theresa Beers  
Shirley Toth  
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Dorothy Budden  
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Cameron Roelofsen  
Broadway Carpets  
MacGregor and Associates  
Quintessential Marketing  
MV Abitibi  
Breakaway Yacht Charters  
Marine View Cafe

### Donations

We wish to thank these individuals and companies who have sent in money in the past month since we have become a Non-Profit Society. Please indicate if you wish to remain anonymous.

#### \$5 - \$25

Anonymous  
Anonymous  
Mrs Sasha van Nus  
Anonymous  
Anonymous

#### \$25 - \$50

Bright Ideas Event Co-ordinators  
Anonymous

#### Anonymous

#### \$50 - \$100

Anonymous  
Anonymous  
Anonymous

#### \$100 - \$500

Anonymous  
\$1000 and Up  
Anonymous, Penticton

Lorraine McKay  
Associated Divorce Services  
Sumi Murata  
Loree Panton  
Janou Sontag  
David and Cathy Wainwright  
Forster's Fine Cheeses  
Fletcher's Meats  
Christine Graber

The Phoenix  
Outreach Society

SPARE  
CHANGE

## Join the Team!

- ☐ I am a certified commercial electrician and would like to donate time and/or materials to help get the new office up and running.
- ☐ I would like to help Spare Change by making a monetary donation.
- ☐ I would like to help by making a goods and services donation (office equipment, etc).
- ☐ I would like to volunteer my professional services in this category \_\_\_\_\_
- ☐ I would like to network, phone, or represent the newspaper in some capacity (please describe) \_\_\_\_\_
- ☐ I am looking for commissioned employment in sales, special events, publicity, etc and include my resume (please describe) \_\_\_\_\_

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ Postal Code \_\_\_\_\_  
Ph (h) \_\_\_\_\_ (w) \_\_\_\_\_  
Occupation \_\_\_\_\_

Please mail to the Phoenix Society c/o 101-335 W. Pender, Vancouver, V6B 1T3.

No phone calls please! Please allow sufficient time for any response. Thanks.

## Join the Team!

### Vendor's Code of Conduct



I, the undersigned, agree to abide to all vendors' rules as described by Spare Change Newspaper management. Those rules are:

- To be sober at all times while working;
- To act in a polite and friendly manner with all members of the public;
- To not irritate any storekeepers, security guards or police;
- To always represent the newspaper in a positive fashion.

I understand that my privilege to sell newspapers for Spare Change will be withdrawn if I break these rules, or if I am reported to have been aggressive with the public in my methods of vending the paper.

Signed,

(Date)(Witness)

**Warning** - If you are approached by anyone requesting donations for Spare Change, please notify our office at 689-1117. We are not a charity and do not solicit funds from the public. Vendors only sell the newspaper on the streets. If you are asked for advertising, do not write a cheque without confirmation from our office. Thank you.

**Complaints** - If you have any complaints about vendor behaviour, phone our Circulation Manager at 689-1117. We will take immediate action if a vendor is rude or aggressive. Vendors are given training and sign a Code of Conduct agreeing to be pleasant and courteous to the public. Please notify our office immediately if you see a Spare Change vendor who is intoxicated.



Continued from page 1.

parlours of the downtown east-side. For them, days pass in a pub crawl that starts as early as eight in the morning. Eighteen hours a day, seven days a week, three hundred and sixty-five days a year, people patronize these bars to drink their lives away. Why do so many choose



By nightfall, Main and Hastings looks like hell's half acre itself with bodies lying all over the street

these watering holes to congregate in? I recently spent a day doing the rounds to find out.

My day starts early. It has to.

It isn't the time of day for a beer so I order a cup of coffee instead. There aren't too many people here yet, but about a half dozen red-eyed senior citizens sit scattered throughout the bar. It dawns on me that these places are called parlours for a reason: for these people, already installed on their favourite stools, this bar, and the others like it, are their living room. It's like a tea party gone sour and the place still smells of stale beer from the night before. So I slurp back my coffee and head back out onto the street for some air. Somehow it didn't sit well on my empty stomach.

Shortly after 11 I hit the Regent Hotel for a quick look around. It's primarily a sports-type bar with a big screen TV, pool table, video games and canned music. Still feeling like I haven't had my quota of coffee, I sit down and order a cup. A grimace crosses my face after the first swallow. It's a rude awakening to say the least: I could easily use this stuff to recap the tires on my mountain bike. Setting the cup back down I get up and make a bee-line for the door.

It's now noon. I hear a dull thud and look across the four lanes of traffic towards the Dóbson Hotel. A big beefy bouncer, who looks like he eats steroids for breakfast, is using an old man's head as a battering ram to open the front doors of the bar. He throws the unfortunate headlong into the street.

Others step over him to get

almost as therapeutic as enjoying a couple of cold ones. Maybe I could get used to this.

It's up and onward so I travel northeast to the Columbia Hotel. It's 2 pm now and the place is already in full swing. It is soon evident to me that this is one of the grubbiest drinking establishments that I've ever been in. I should've stayed at Winkerbeans. It's only a shell inside and everything is dirty and unwiped. I almost have to



It dawns on me that these places are called parlours for a reason: for these people, already installed on their favourite stools, this bar, and the others like it, are their living room.

break the glass to get it unstuck from the table. Every chair is a different colour and the tables are almost under my chin, making sitting around very uncomfortable. Cigarette burns pepper the stained carpets. Cocaine wrappers ('flaps') and IV needle plugs in the urinals make the filthy washroom look more like a shooting gallery. To take the cake, the bartender serves up a soup-warm glass of beer. I empty it without complaint and beat a hasty retreat.

At this point I need a break, so I head home for a couple of hours to regroup. Sometime around 5:30 I resurface. I'm in for a long night.

By nightfall, Main and Hastings looks like hell's half acre itself with bodies lying all over the street. On this block everyone seems to be selling some kind of dope. "Hey buddy, want anything? Want to go up? Want to go down?" says a guy who looks like a lifer on this block. Another guy in a black leather vest sporting a Harley Davidson T-shirt slinks up alongside me. "You looking?" he

deadpans.

The Balmoral Hotel's big neon sign flashes out a blood-red warning as I make my way past the dealers. Groups of people mill around the battle-scarred front doors of the place and stare down any passerby who happens to gain eye-contact with them. People stagger across the street like dizzy maddens in a ring full of mad bulls.

Inside the Balmoral, a greasy-looking band hammers out '70s rock and roll on a tiny stage. The audience looks a little bored. I sit down at a table with my back to the wall and signal the waiter for a beer. Suddenly, I hear the sound of breaking glass from the women's washroom and a fight ensues. A bouncer races in and drags the struggling women out into the street where they continue to settle their differences to the jeers and cheers from the men standing around.

Elbowing my way out of the bowels of the Balmoral now, it's only a couple of doors down to the Sunrise Hotel. The place is packed with shadowy types. A lot of Latinos are here and the dance floor is packed solid. The people here are very adept at seeing everything without even turning their heads. The tables are scored and pitted beyond belief and hardly worth wiping. This place immediately sends chills coursing up and down my spine and I'm anxious to leave before anything happens, but I'm bound and determined to have my beer first.

I try not to look at anyone else and just mind my own business as I sip my beer, trying to hide my nervousness; however, I can't help but notice obvious drug deals going down at some of the booths. A transvestite waltzes in and flashes me a big smile and waits for a reaction from me. Not happy with my response, he sneers and moves on. When I make way way back outside, I feel happy just to get out alive.

Just a couple of places to go, I tell myself, and I can call it a night. The doorman at the Brandiz Hotel is standing with his arms crossed, blocking the entrance. His face looks like kneaded bread dough, mottled with scars. He looks me over real good as I squeeze by him and for a second I think he's not going to let me in. The room is busy and it looks like everyone is here for some clean-cut, all-Canadian fun. Despite how busy it is, the waiter somehow gets a beer down in front of me almost before I can sit down. A native woman comes by with a Black and Decker drill still in the box. "How much?" says the guy seated next to me. "Twenty-five bucks," replies the woman. The guy gets a dour look on his face. "Why should I buy that drill for twenty-five dollars when I bought the same one for fifteen here yesterday?" Shrugging her shoulders, she moves on to the next table.

A group of Asians are pushing



Photo by Michael McCarthy

The Balmoral Hotel's big neon sign flashes out a blood-red warning.

and shoving each other around out front as I leave. Probably a turf war of sorts, I think to myself. Just then a squad car races up. Two huge cops like black monoliths step out of the car. The argument stops immediately and the people edge away from one another. The cops leave, satisfied that they were able to diffuse the situation before it got completely out of hand.

It's nearly 10 pm and I'm eager to get this day over with. I wonder about those first people I saw at the Savoy and if they're still sitting there. Where do they get their stamina, I wonder. The last place on my list is Minto's Pub. By and large this spot is the wildest of all of them. It's packed to the rafters here. Standing room only. I'm sure that the management hasn't got a clue

about seating bylaws; half of the people aren't sitting. It's a rough-looking crowd and most of them look like hard-boiled brawlers and scrappers. I can't see what the attraction is in this pub. It really is a lacklustre and insipid place to socialize. The waiter can't serve the drinks fast enough and the people seem restless between rounds.

Someone is getting beaten up just around the corner. The guy is lying on the ground and a woman screams nearby. Someone pulls his pants down to his knees while someone else rockets through his pockets. Standard procedure. There's never a cop around when you need one and this time the bad guys win again.

by Craig Hill

Parl'our (-ler), n.

Ordinary sitting-room of family private house;

room in inn for private conversation.

[f. OF *parfeor* f. med. L *parlatorium* (*parlare* talk)]

By nine, Welfare Wednesday morning (the last Wednesday of the month), the rush is already on. The line-up at the Royal Bank around the corner from my apartment is half a block long as people wait to cash their government cheques. Today Vancouver comes apart at the seams, people overjoyed with a sudden influx of cash.

The sidewalks are crowded and bustling with activity. The three blocks on either side of

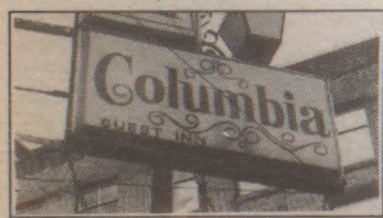


Photo by Steve Helling

Main and Hastings Street are booze boulevard. The only enterprise that exists here is the sale of suds and submarine sandwiches; the people who venture into this area have only one thing in mind: to get high.

The first place I wander into is the Savoy Hotel because it opens early and is also close by. At least half a dozen bars in Vancouver open this early because they serve the 9 am-11pm crowd, instead of the more mainstream 11am-1am customers.

inside until finally somebody drags the poor soul off to the side, props him up against the wall and replaces his baseball cap. This scene sickens me to the core and I feel like running across the street and saying something to the ruthless bouncer. But I probably would get myself knocked out in one punch, no questions asked.

The old man, now passed out beside the pub, shocks me. Maybe beer 'parlour' is a little misleading. These days spent inside beer halls aren't innocent little tea parties held downtown. The people who spend their time in them are looking for community, a little companionship and human connection, and they pay for this time, brew by brew. In the case of the poor guy collapsed on the street, they serve him alcohol until he is flat broke and blind drunk and then they toss him out onto the street to live or die.

Now that it's noontime, my stomach is howling for food so I decide to hit Funky Winkerbeans for a fast lunch. The genial warmth and compelling personality of the room make this taphouse a cut above the rest. The polished brass and cherry paneling create a warm ambiance unique to this area. Just looking at the decor is



Photo by Murray Champness



# The Change Page

## Going into High Gear

Things are starting to get really exciting around here.

In December we were floored by the overwhelming response to our reader's survey. Thanks to the several hundred people who took the time to write, we now have an excellent idea of what direction to head in. February brought an unbelievable response to our efforts to organize decent housing for those of our vendors who wanted to get off the skids. Due to your generosity we have fully furnished one house and partly furnished two more. Wow! You folks are too much!

Three months ago we didn't have enough money to pay our phone bill. We still don't have a fax machine or a Mac, and an office big enough to put three people in at the same time remains a dream. Postage is a problem and salaries are wishful thinking. If you have a photocopy machine that is terminally ill, please don't send it to us - we've already got one. But despite our teething problems and distinct lack of funds, Spare Change is ready to fly.

The reason for our faith lies entirely in Canada Post. No, of course it's not because they went out and bought a new mule. It's still three cents for delivery and forty cents for storage. Rather, I'm talking about certain items that the Royal Canadian Mounted Post Office

**Spare Change is dedicated to helping people who have indicated a desire to help themselves. With your involvement we can continue to create a positive environment for them to succeed, and to show them there can be light at the end of the tunnel.**

has been bringing to our door, and for once it's not junk mail.

It seems some people really like what we are doing down here at Spare Change. So much so, they are sending us unsolicited letters containing money. This sounds like one of the Four Great Lies, but "the cheques are in the mail" story is true. Unbelievable. What's more, none have bounced yet. What's going on here?

Here's the story. A few weeks



Cartoon by Frank Lambert

back, we finally received our certification from the provincial government recognizing us as a non-profit society. Months of hard work have led to the creation of The Phoenix Outreach Society, an organization dedicated to supporting Spare Change Newspaper and the street people who comprise its staff. Now that we have a legal structure we can go ahead with our plans to help those people who want to help themselves.

Our first project is the Housing Alliance. Thanks to the tireless work of George Stoner (volunteer Circulation Manager) that initiative is well under way. The first group of vendors is off the skids and living in a nice house in the east end. The rules are simple. No drugs or alcohol allowed. To carry on with coordinating circulation and welfare offices and detox centres and vendor legal problems, it would be nice if George drew a salary some day. He's been working for 11 months to create his own job and deserves a hand.

Our next initiative will be a Dental Program to get teeth for some of our street vendors. Planning and organizing is well under way. Agreements have

been struck with dental mechanics and dentists. If we can secure a few 'socially responsible' sponsors from the business community, the program could begin very soon. It'll be one of the first steps in restoring self-esteem and dignity to the street people who have been working long and hard to make Spare Change a success. We hate to lose good people but we want to supply housing, resumes and clothing to those people who have shown a desire to work. That way they stand a good chance of getting off welfare and back into the regular work force. Simply put, it's hard to get a good job without teeth.

We have several other plans that we would like to put into place as soon as possible, but quite frankly we are going to need some money to make them happen. We aren't talking a massive undertaking here, folks. The United Way we aren't. No one has drawn a salary from Spare Change in the eighteen months of our existence and we aren't about to toss dollars around like a drunken MP, but the time has come to ask for your help. We aren't a federally registered charity yet and can't offer a tax write-off. But we can

assure you that your money will not be wasted. All funds raised will be administered through the Board of Directors of The Phoenix Outreach Society.

Spare Change is dedicated to helping people who have indicated a desire to help themselves. With your involvement we can continue to create a positive environment for them to succeed, and to show them there can be light at the end of the tunnel. Together we also can assist other groups and agencies who are fighting to break, rather than perpetuate, the cycle of poverty and dependency.

Let's shine a light on these heroes in our community who refuse to lay down and die. As sure as the sun rises, I know we're going to make it happen. Looking at your support of our first two initiatives, I'd say you've already proved it. Like the song says.... the future's so bright, ya gotta wear shades.

C'mon, let's do it.

by Michael McCarthy

The above editorial comment refers only to the Vancouver office of Spare Change Newspaper. Edmonton readers please call Spare Change at 423-2285 (ext 47).

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**Our Goals** - To give a voice to the homeless, disadvantaged and out of work people of the inner cities • to provide a forum for discussion, debate and solutions to poverty • to build a structure for pro-active change, encouraging business and individuals to advance within a co-operative network • to promote and assist with the economic development of micro, small and home-based enterprises • to motivate vendors and readers towards co-operation, self-reliance and personal achievement.

**The Philosophy** - "We learn, when we respect the dignity of the people, that they cannot be denied the elementary right to participate fully in the solutions of their own problems. Self respect arises only out of people who play an active role in solving their own crises and who are not helpless, passive, puppet-like recipients of private or public services. To give people help, while denying them a significant part of the action, contributes nothing to the development of the individual. In the deepest sense it is not giving but taking - taking their dignity. Denial of the opportunity for participation is the denial of human dignity and democracy. It will not work." - the late Saul Alinsky, community organizer, Chicago, Illinois.



## Letters



### Enclosed is a cheque for \$1000

Dear Editor:

On our last trip to Vancouver, my husband picked up a copy of your newspaper. I was impressed by what I read in many ways. My family and I were most interested in the housing initiative for the newspaper vendors. We decided that we want to help the Phoenix Society to succeed with their plan. So enclosed you will find a cheque for \$1,000 to be used for the housing project. I would like you to know that partially this donation is financed by my family (3 children) which has agreed to go without all unnecessary food, such as sweets and pop, until Easter.

We wish you the best of luck for your paper and all projects that might get started in the interest of the homeless.

Name Withheld

### I too am an ardent fan

Dear Editor:

I too am an ardent fan of Spare Change. I have not missed an issue since I started getting it about 6 months ago. There is just one suggestion I would like to make.

When you do get "two dimes to rub together" be careful how you spend them. There is a certain breed of people which keeps a lookout for up and coming "small business" with a view to making a profit for themselves.

Spare Change is by the people for the people. Keep it that way. Hang a big sign in your new office "KISS - Keep It Simple, Stupid." Make that your motto.

Your are doing great. Keep it up.

Pat

### Spare Change keeps us in touch with the facts

Dear Editor:

Spare Change keeps us in touch with the facts and gives us more knowledge of where we might be able to help. We really look forward to it. That's what was meant to be: caring and sharing.

The vendors of this paper are

really nice people and it was inspiring to read about your program to start housing the homeless. Everything can't be done at once but each step leads toward the solution. I will be phoning you about a donation for the first house (re: Society Starts Housing Program - Feb. 1 issue).

I like the 'vendor profile' page - in fact, every item is informative and interesting. Keep up the good work everyone.

Sincerely,  
Mrs. O. Ofstie

### I bought your paper for the first time...It is serving a great cause

Dear Editor:

Just a note to say I bought your paper for the first time (Vol. 2, No. 7), and really enjoyed it. I think it is serving a great cause and has great potential.

I thought an article on why small businesses may be reticent to hire, even where there is an indicated need, might be interesting. Perhaps the governments are contributing to unemployment with their rules on unemployment insurance, workmen's compensation, union certification, human rights legislation, reasons for dismissal, pregnancy leave with pay, minimum wages and holiday pay. I'm not against all these things but I do feel common sense should prevail and I feel in many cases it doesn't. The last thing a small business that is being taxed to death needs is a run-in with a bureaucracy that has unlimited funds, little accountability, and a burning desire to justify its existence. Keep up the good work.

Gerry Stewart

PS. I just thought it might be beneficial to have a column titled "Give Away" or something similar, in which people could list anything they did not want and which could be had for the taking.

Lots of luck.

### I was dead broke 18 months ago

Dear Editor:

I was in Dunsmuir House, dead broke with substance abuse

problems eighteen months ago. I've busted my butt and now plan to attend university. One of my goals is to work on media and political abuse.

Throughout the recent news on Welfare reform, I never saw representation of experienced welfare recipients taken into consideration. Nobody asked me what I thought. This media attention to the "seedy" side fertilizes attitudes like those Myke Ruscher encountered recently (Vendor's Pet Peeve, Feb. 1 issue). Is the same abuse accepted for skin colour, religion, political feelings? Of course not. What London Drugs, Safeway and 7-11 did to your vendors can only be addressed in one way as far as I'm concerned: it's illegal.

Warren Johnson

### You've got a great thing going

Dear Editor:

You've got a great thing going and I heartily support your effort and eagerly await each issue. I feel very good that there is a publication that helps people who are in need and gives them a voice. Your paper deals with the many things in our society that cause people sickness and demoralization: poverty, crime, booze, heavy drugs and so on. And in airing these topics to discussion and debate, you help many to think, and thus have some hope in overcoming these problems. There are few things quite as strong as the written word, and I think Spare Change is fast becoming a powerful catalyst.

I have noticed, however, a distinct lack of coverage on the most subversively deadly, the most widespread, and arguably one of the most addictive drugs of them all: Tobacco. This is a drug that not only cripples the user, but everyone around them, especially children and babies, who breathe faster than adults. Babies of pregnant smokers are often born dead, waitresses have the highest mortality rate of any female occupational group because of second-hand smoke, children have to have their tonsils removed because of parental smoking, and the list goes on. And people who are hooked on \$7 a day for their cigarettes complain of not being able to afford to eat properly.

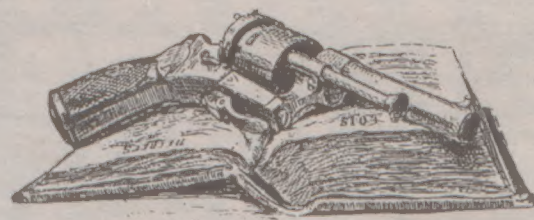
I'm not trying to point the finger, but smokers need to be more aware of the deadly grip they're held in and think about it more often for what it is: a fatal, life-sapping addiction that affects others. We think smoking relaxes us, makes life more bearable. Wouldn't life be even more bearable if we could feel in control of our life, not dependent on this debilitating narcotic? Instead of putting a hole in your lung, and possibly the lungs of your children, why not buy a tape of music you've never heard before or unwind by going to the gym or eating some fresh fruit?

Cigarette smoking is a deadly addiction that affects smokers and non-smokers, and supports a fat industry whose product is specially designed to kill you.

I would like to see more articles on this.

A loyal reader

## Guest Shot



### Social Change Is Happening Here and Now

When I was growing up in the early '70s, I already knew what the future held in store for me. Back then, I watched a lot of television, and what I saw on TV promised that my adult life would be a combination of the Jetson's nuclear-family stability and Star Trek's magic machines. Well, I am an adult now, making my living from computers, and technology has not brought about the social transformation it promised.

We do not spend our days in perfect leisure, waited on by uncomplicated robots. In fact, when I watch television now, I see that advertisers

are responding to a backlash against automation: a friendly man waits inside the dispatch box of a courier company in order to offer customers reassuring human interaction; a washing machine and car engine tell their owners what to feed them; a talking, cigar-smoking vending box promotes one of Vancouver's local daily newspapers. Consumers no longer trust the impersonal and my own generation, 'generation x', is characterized by a sense of exclusion and distrust. Are we a community only because we share a sense of isolation?

This may all seem a little on the theoretical side, but some of these thoughts were on my mind the afternoon I first saw Spare Change. I skimmed through the September '93 issue and came upon "we're artistically challenged" - an ad asking for design input. I felt that the questions the paper raised were important and I thought, yeah, they are right, they could use a little help, maybe an afternoon spent

discussing visual consistency... now, over seven months later, I'm working on the newspaper almost full time and coming to see just how complex the issues of poverty and empowerment are.

I live in Kitsilano, about four blocks from the beach. I've never lived on the streets, never dumpster dived, never panhandled. And when I first met with the editorial board, I worried because I didn't want to seem like a west-side yuppie descending on a poor cousin with band-aid charity. I remembered too many episodes with Captain Kirk and co. beaming down from their nice starship to give a few troubled aliens a helping hand. But the world would be a better place if we could all rid ourselves of such 'us' and 'them' thinking. Everyone needs a sense of community and as the world continues to shrink into a global village, and as we lose touch with our neighbours, we have to make more and more effort just to connect with those around us.

Spare Change is all about bringing people back together again. We're not stuffing people into courier boxes, we're creating an opportunity for real people to communicate with one another. The people who buy and sell this paper are helping to bring about a change in our society that's been a long time coming. Perhaps, like me, you stepped outside your daily routine the first time you bought a copy of the paper, moved beyond your circle of friends and business acquaintances when you talked to someone who might otherwise have remained invisible to you.

You connected. You enlarged your sense of community. The more I work with Spare Change, the more I realize that I can make a difference in the world only if I am willing to open myself up to the potential of the people all around me.

Social change begins with individual change; poverty is endemic to our society and I know that it will take more than me chatting over a cup of coffee with my colleagues at Spare Change from time to time to re-empower society's disenfranchised, but compassion, empathy and respect for others will surely move us closer to a future utopia than all the transporters, space-age helicopters and coin boxes (talking or silent) in the world.

by John Burns,  
Managing Editor



# The Comments Page

On October 27, 1993, I saw television images which continue to haunt me: roofs burning on million dollar homes in Laguna Beach, California; anxious and shocked homeowners waiting for news in gymnasiums; people in tears, their dreams literally going up in smoke. It was a horrible day of waste in a week of yet more waste in our own country and it taught me a lesson we would all do well to remember to this day.

Two days before the American conflagration began last fall, we endured a federal election. While our lost, homeless and malnourished children struggled through their days, campaigning politicians crisscrossed the country sloganeering ad nauseam.

Were all those personal appearances essential? Was it necessary to have the same old irritating, repetitive, expensive style of campaigning? Could the campaign not have been shortened by a few days and the remaining funds applied directly to deficit reduction, just to show that the rhetoric meant something?

Later that same evening of October 27th, I switched on the television again for an update and I stumbled across the image of a group of people gathered in Las Vegas to witness another type of destruction. A local hotel owner had decided to demolish his building in order to up-grade. This American businessman arranged a fire-

building imploded, then collapsed.

Meanwhile, other flames kept leaping from roof to roof in California. Firefighters were injured, some critically; acres burned in seconds, pets and wildlife were killed.

**Firefighters could have gone home to their families instead of to the hospital**

The destructions in California and Las Vegas both started at one person's instigation. People deliberately caused these events to happen. One was a tragedy, the other apparently a cause for celebration. One was a crime, the other a business move. And on that same day, metaphorical flames were starting under the political pyres of some of the country's largest parties.

Who decided that chauffeuring well-fed politicians back and forth across the country was more important than helping

had met the arsonist before October 27th, more than \$500 million could have been saved, and everyone would have had what he or she wanted, to some degree.

Firefighters could have gone home to their families instead of to the hospital, and thousands of other people wouldn't still be grieving over their losses.

How many malnourished children's lives could have been spared that day if that \$500 million had been given to them instead?

The money wasted in Canada is not out of control. It is still very much controlled, too often by ambition, greed and ego. Was Mulroney's

elaborate farewell tour necessary when he knew how devastating our country's deficit would be for years to come? Why was this trip more important to him than financing medical research or donating to charities?

People, in and out of government, need to learn to look beyond their own causes and needs. Why is it so hard to put aside some of one's wants for another's needs?

When it comes to waste and economics, I think the people who control this country's spending continue to be just as apathetic and ignorant to the destruction they've caused as that arsonist and casino owners with matches in hand.

by Debra Purdy Kong

## Survival International

Survival International was formed in 1969 to support tribal peoples worldwide. Concerned individuals decided to do something after reading a newspaper article exposing the atrocities being carried out against Amazonian Indians.

Since then, S.I. has been working hard on behalf of threatened tribal communities and raising public awareness about their plight. From its small beginnings 25 years ago, it now has supporters in over 75 countries and has become the world's leading authority on tribal peoples.

S.I. believes that tribal peoples have the right to determine their own futures. Therefore, nothing is ever done on their behalf without consultation and full approval. For the same reason, S.I. has no religious or political affiliations so that it can present the views of the tribespeople without bias.

At the heart of tribal culture the world over is the people's love for their land - the land which has sustained them and their ancestors for many thousands of years. Yet, wherever "civilization" has come into contact with them, indigenous peoples have lost their lands and, frequently, their lives.

This influx of outsiders has been responsible for the introduction of many illnesses against which tribal people have no immunity. It has also led to the destruction of their environment and the wildlife on which they depend.

Sometimes, whole communities have been massacred by those hungry for their land and its resources.

Tribal people are often very poor, monetarily, and are, therefore, least able to protect themselves. Their land is their wealth

and the means of their survival. Yet, to this day, governments and big business interests, as well as miners and settlers, are still taking their lands and the native people are dying.

S.I. helps tribal communities by providing practical aid where needed, including medical and emergency help, and by lobbying governments and multinational corporations.

S.I. keeps its members up-to-date through regular newsletters and monthly "Urgent Action Bulletins." These outline a situation of particular concern and members are encouraged to write a short letter of protest to the government of that country. This shows the government that international attention is being focused on their country's treatment of its indigenous people and puts them under pressure to act.

S.I. has also lobbied the U.N. regarding tribal people's rights. It has persuaded the World Bank to pull out of funding certain projects which would have had a devastating effect on tribal lives.

Whatever the country of our origin, tribal culture - in all its diversity - was once the original culture of us all. Much of the knowledge that we have since lost, and that many tribal peoples still retain, may prove vital to our own survival and to the survival of our planet.

Our own technological society is still in its infancy, yet we are destroying our environment in the name of progress at an alarming rate. Tribal peoples have practised a sustainable way of life since the beginning of human history and there is much we can learn from them.

S.I. has been very successful in its campaigns for tribal peoples over the years, but so long as atrocities against tribal peoples continue, so the fight for their survival must go on.

For more information, please write to Survival International at 310 Edgware Road, London, W2 1DY, U.K. or write to the author at 840 West 17th Avenue, Vancouver, B.C., V5Z 1V2.

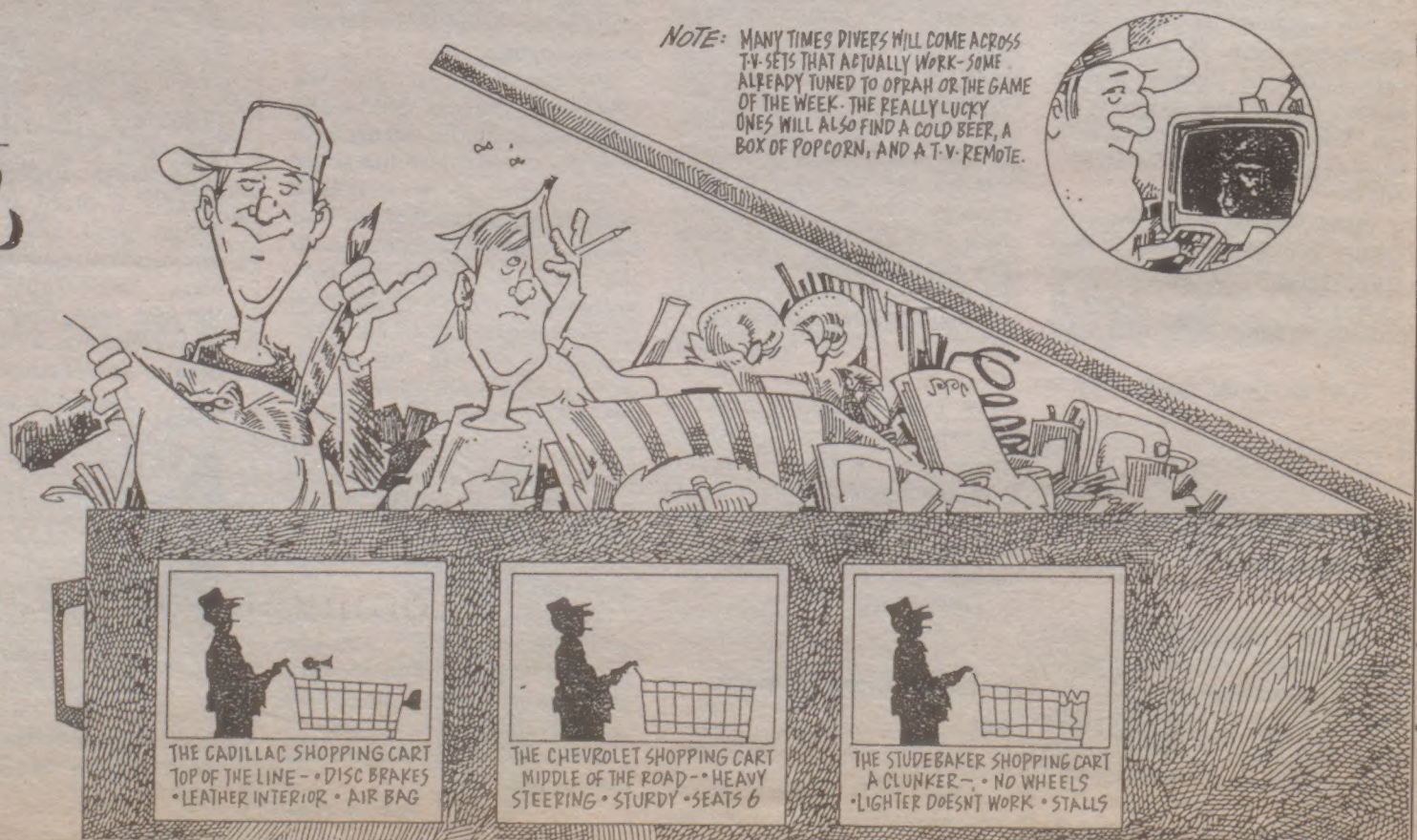
by Rose Sherry

## THE FINER POINTS OF DUMPSTER DIVING

BY GEORGE STONER & GRAHAM HARROP

LIKE MOST THINGS, DUMPSTER DIVING HAS ITS OWN SET OF RULES. HERE ARE A FEW OF THEM:

- 1 NO DIVING FROM A HEIGHT OF MORE THAN 12 FEET. ALSO, NO BACK FLIPS OR SOMERSAULTS.
- 2 KEEP OUT OF WAY OF OTHER DUMPSTER DIVERS. IF POSSIBLE, RESERVE AHEAD. NO TAILGATING.
- 3 IF CONFRONTED BY RACOONS OR OPOSSUMS LAYING CLAIM TO SAME BIN, REASON WITH THEM.
- 4 ALWAYS GET SOMEONE ELSE TO OPEN SUSPICIOUS SMELLING OR SQUISHY BAGS.
- 5 SHOPPING CARTS USED FOR TRANSPORTING MATERIALS GENERALLY FALL INTO THREE TYPES. THEY ARE:





# CHEAP THRILLS

**Būs'ker, n. (sl.).**  
Itinerant musician or  
actor (one travelling from  
place to place). [f. *busk* beat  
about, seek (perh. f. obs. F  
*busquer* to prowl)].

**Wȳn'ter, n., & v.i. & t.**  
1. Season between autumn &  
spring, three or four coldest  
months of the year [OE, Du., &  
G; perh. cogn. w. WET, WATER].

Photo by Murray Chapman

R A I N T R E E



Painting by Roz Harskaw

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# CHEAP THRILLS

## Artist Profile: Greg Staats

I entered the Artspeak Gallery and rediscovered the grace in being human. The quaint space at 401-112 West Hastings St. (across from the Woodsworth building) was presenting the photographic art of Greg Staats in a show entitled "Creativity is Our Tradition" during most of February, and I was lucky enough to attend.

The gallery was full of rich imagery which invited us to review our role on this earth and what it is we are responsible for in terms of our relationship to ourselves, to the community of family, and to the land. His photographic works were like pages of a journal, randomly ripped out of various sections. With each piece, in a simple, fluid form, without pretension, he showed that the core to all our life experiences lies in the acceptance of truth.

Resting on the walls were seven separate explorations, the spine of the work being photographic portraiture; but, it was much more than just a series of portraits: Staats tailored his multimedia palette to excite and allude to a deeper story.

Staats studied photography at Sheridan College but since he became a professional artist, he has ventured beyond the camera and darkroom. This intuitive decision allowed him to articulate himself technically while aligning his sensitivity towards subject and subject matter. The



"Skeena Kowan." Its rich blacks and brilliant whites support the contrast between the elder (a Six Nations Chief) and a young man. A large fire separates the two, splitting time and the gap of generations.

product was a collection of photographs mated with either lithography, etchings or silkscreens. The boldness of colour and tone was indicative of the emotional companionship Staats shares with all his work. His reference to technique

was exposed, leaving his work as a open avenue so the communication between himself and the viewer remained constant and not lost because of obscurity.

On a personal level, Staats maintains a strong conviction to be with his work from concep-

tion of the idea through to its life on the wall, whatever the medium required. He is truly a martyr after his own art.

A wonderful triptych told the tale of how we can travel, stop at a place, find ourselves in a new space and meet a friend we

never knew. There is no reason, no history, no force, we simply look into the eyes of a stranger and call him friend.

Another series had a young man's expressive portrait cradled in the light of a birchbark backdrop. It spoke of the positive/negative energy of people, how all emotion is natural, is human.

And perhaps the most powerful piece was called Skeena Kowan. Its rich blacks and brilliant whites supported the contrast between the elder (a Six Nations Chief) and a young man. A large fire separated the two, splitting time and space – not physical space but the gap of generations – its energy eating up traditions and history, yet fueling the newness found in change and in hope. While all the images were the portraits of aboriginal persons, Staats, himself a man of the Six Nations, is quick to point out that this was not a show with a political agenda. It was a presentation of the stories and truths of being human, the spirit and flesh belonging to all humanity. "I want to do a few things in my work," he says. "I want to maintain an honesty, go beyond the intellect by becoming more visceral, and achieve a positive, distinctive, forward movement."

by Karl Grupe, Jr.



SPECIAL

## bannock & beans

SPECIAL

### Just who is our best friend?

Has your "significant other" ever threatened to quit sharing the bed because of your cold feet, or have you ever woken up



Murray Champniss

with ice blocks for feet? Put on a pair of light cotton socks just before you climb between the sheets. It'll be appreciated, and you'll sleep better.

If you have a dog that likes to sleep on the foot of the bed and you suffer from cold feet, before you kick the dog off think of this: an average-sized dog's temperature is four to 10 degrees higher than your partner's.

### But can you eat off it?

Kwik Phix: Spilled oil or grease on the kitchen floor and can't mop it up immediately?

Sprinkle salt on the oil. This will absorb much of the slippery stuff and, at the same time, pro-

vide a roughened surface which could prevent a fall.

### A refreshing tartness

Some jelly and pudding powders, such as cherry, are too sweet. I make a double batch, one cherry (or strawberry) and one lemon. The lemon adds just a touch of tartness, which I find refreshing.

### Lamb curry

Curry is great, especially lamb/mutton over rice. Most curries call for cooked meat, but you can start with uncooked. See my favourite recipe at right.

by Murray Champniss

### Lamb Curry

Take a kilo of lamb/mutton; cut into one-inch cubes (I use "halal"-style) and brown it in about two tablespoons of foamy margarine. Add a chopped, large onion and cook until the onion is soft.

Add two 14-oz. cans of consomme, two cups of water, two tablespoons of curry powder, a seven-oz. can of tomato paste (or equal amount of ketchup), a chopped garlic clove, salt, a crumbled bay leaf (or two), a little thyme and, if you have some, two tablespoons of coconut or a handful of raisins (not essential).

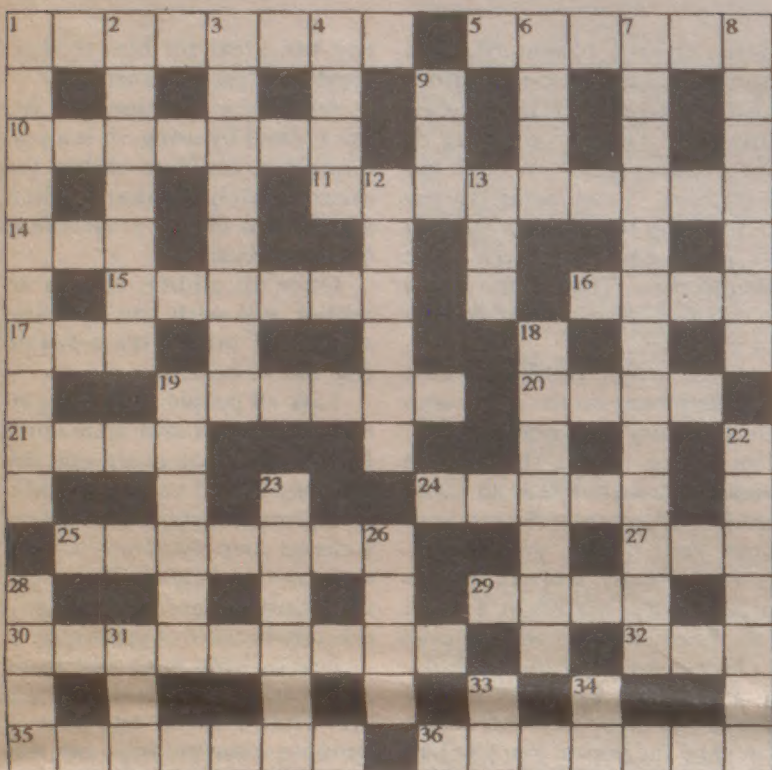
Bring everything to a boil, then let simmer until the meat is tender (up to two hours).

Mix a half cup or so of water and an equal amount of flour, add to pot and cook until the juice thickens. Mix in a small container of plain yogurt (or heavy cream) and bring it to a bubble. Spoon over rice.



# CHEAP THRILLS

## The Change Puzzle



### ACROSS

- 1 Core of the city (8)
- 5 Panhandler (6)
- 10 Master of an art (7)
- 11 Left alone (9)
- 14 A little or a \_\_\_ (3)
- 15 Storage area for food (6)

- 16 Leg joint (4)
- 17 Observe (3)
- 19 Confused (6)
- 20 Cage protecting organs (4)
- 21 Slang for food (4)
- 24 Lower leg bone (5)
- 25 No work? You get this (4,3)
- 27 They \_\_\_ off (3)

- 29 Opposing something (4)
- 30 Unscrupulously acquired (3,6)
- 32 Hemp fibres (3)
- 35 \_\_\_ to death (7)
- 36 Destitute state (7)

### DOWN

- 1 Destroyed (10)
- 2 Struggle with a problem (7)
- 3 Swayed precariously (8)
- 4 Cry to a bolting horse (4)
- 6 Gained with effort, ie a living (4)
- 7 Put up with something cheerily (4,3,4,2)
- 8 Entertaining questions (7)
- 9 Exclamation (3)
- 12 Infertile (6)
- 13 Head movement (3)
- 18 Corruptly paying for favours (7)
- 19 Requesting (6)
- 22 Someone fleeing (7)
- 23 To patrol an area (6)
- 26 Professional charges (4)
- 28 Deadly virus (4)
- 31 Meadow (3)
- 33 Slang: prostitute (2)
- 34 For example (2)

### Solution to last issue's puzzle

ACROSS: (1) transient (6) foods (9) mad (10) illness (11) dog (12) occult (13) resume (18) beach (19) thanks (21) rip (23) squatter (28) let (30) UIC (31) rotten (34) Wes (36) kit (37) liaison (39) ill (40) plenty (41) seed. DOWN: (1) temporary (2) addict (3) stillness (4) eels (5) tie (6) fists (7) old (8) sage (14) eat (15) mens (16) cheap (17) ask (20) hue (22) please (24) quickly (25) thrills (26) rat race (27) lee (29) no (32) needs (33) it'll (35) SIN (38) up.

Change Puzzle by Susan Andrews

## Do It Yourself & Save

### I haven't been to a hairdresser for 35 years

I haven't been to a hairdresser for about 35 years and I've saved a pile of money.

I cut my own hair and style it with a curling iron weekly. I simply observed how hairdressers worked and went home and did the same.

by Thérèse Boyd

### Reuse that mountain of paper products

Nothing to do one rainy Vancouver afternoon? Reuse some of that mountain of paper products lying around. You need: a blender, an iron, two absorbent cloths, two boards, two matching wooden frames that fit into two plastic basins and a screen (nylon fly screen works well). Stretch the screen and attach it tightly to one of the frames - this is your mould. The other frame is called a deckle. Gather materials - scrap papers, egg cartons, paper bags, etc. To add colour, use tea bags, flower petals, dryer lint...

Soak scraps in warm water for about half an hour and tear into small squares. Put a handful into a blender two-thirds full of warm water and blend at medium for a couple of minutes until the lumps disappear. Add

colouring elements and blend a couple of seconds.

Pour this pulp into a basin half full of water: about three parts water to one part pulp.

Lay the deckle on the mould's screen side. Holding them together, dip both into the basin and scoop up some pulp. Gently vibrate them to spread the pulp evenly. When the excess water has drained, lift off the deckle, leaving the newly formed sheet on the screen.

Lay a clean cloth on a flat surface. Flip the mould over, laying it on the cloth in a rolling motion. When the sheet has been transferred, lay the other cloth on top.

Place this sandwich, between the two boards, inside the second basin and stand on it to compress the fibres.

Set your iron to medium, and iron the paper through the cloths until dry. Gently peel the cloths off the paper - you're ready to write Spare Change and tell us how well it worked!

Know about something free or funky going on in Vancouver? Send in your 200-300 word Cheap Thrills to the editor and be published - now that's a cheap thrill!



## connections

Concourse Gallery  
Emily Carr College of Art & Design  
1399 Johnston Street,  
Vancouver, B.C. V6H 3R9

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## Voices from the Street

### A Vendor's Morning

At 6:30 a.m. I wake up and by 7:00 I'm at my corner selling Spare Change.

I like this part of the day because I get a lot of "Good Mornings" and a few pleasant smiles. My hands are a little cold but holding the paper up is what has taken that wall down between myself (street person) and those who are off to their own jobs.

I know some people dislike me and others who sell the paper. I'm not too concerned, especially since a person just gave me a look of admiration.

It takes courage to do what I do. I don't push the paper on people. It sells itself. People see a person who is not asking for a handout or begging. They see someone who is trying to help themselves.

It's about 9:00 a.m. now so I split from my corner and head off for a coffee at Starbucks or McDonald's. I meet with another vendor and we talk about sales. We both found it slow this morning but we're not displeased. We were both able to

collect a lot of "Good Mornings" and smiles. Perhaps even a good conversation with a buyer or a regular who sees us each day. Our existence is recognized by people who were perhaps once in our shoes.

After coffee, we head to the office and buy more papers and chat with four other vendors who are also starting their day. We trade stories about events of the past few days. Deep inside, you know you're amongst friends who care.

I have no family out west, so in a sense the people I meet each day have become my family. They help me feel I am a person who is important and my needs are being met because of them.

Before I started selling the paper, I was usually pretty depressed. I felt very alone. Today, I can smile, laugh and know that someone somewhere does care about me. Not a day goes by that I don't meet a stranger or a regular buyer who says "Hi, Bill. How are you today?" And they really mean it.

Thank-you.

by Billy Maguire

### A Day in the Life

I very seldom go down to Hastings between Victory Square and Jackson Street because I'm a non-practising addict. Every time I'm there, 20 people ask me, "Up, down or smoke?" (Cocaine, heroin or marijuana).

Since the beginning of 1994 there have been over 35 deaths in the area. It's a war zone, no place for me. Over the years, I personally have had about 40 friends die from overdoses, suicide or murder because of their addictions.

Some people ask why anyone would use when it's so deadly. The saying goes, "One fix is too many and a thousand is never enough." I can only speak for myself and why I used. I will always be an addict although I don't use for today. It is a disease that requires me to take it one day at a time.

At times all I can do is run and call someone who suffers like I do. We talk it through until the compulsion passes.

There are thousands of non-users who go to meetings in

halls, church basements and homes to support one another and try to maintain a clean lifestyle. There is no drug or medication that can cure my addiction. I can maintain my health only through the support of others who have been there themselves. They alone know how I feel because they've been in my shoes.

Some people think an addict is a dirty bum on the street who steals all day and smells. Well, I'm going to set the record straight. Addicts live at all social levels. Perhaps your doctor, your boss, your lawyer, your father-in-law. Many addicts live in nice houses, maintain a good job, have children who appear to be well-adjusted and normal.

Drugs run rampant in the suburbs of every city. An addict could be the person you just had lunch with at work.

I once heard a man say all addicts should be shot because they're scum. A year later, his daughter died of an overdose. I felt really sorry for him. He ignored the problem because he wouldn't believe it could happen to one of his children. Perhaps he knew, but the pain

was too great for him to face. Maybe he just felt ashamed.

Addiction is a disease. It's not created by using. It is a psychological problem within the mind which awakens when short-term use of a substance becomes abuse.

Once an addict, always an addict, but with the love and support of others, it's a disease that can be beaten.

I ask all people to get educated about drugs and addictions. By doing so, you could one day save the life of your own child or a friend, instead of enabling a closest user. Addiction is a disease, not a social failing. The real shame comes when a loved one dies because of ignorance.

I write this with the hope that at least one person may not die. That a loved one who is ignoring someone who uses will pick up the phone and get intervention. Help is all around.

I'm a Spare Change vendor who had to learn the hard way. I wish someone had been aware of what I was going through when all the signs were there. My loved ones just didn't know the signs or what to do about it.

by Vendor 005

## The Spare Change Street Guide - March 1, 1994.

### AIDS

AIDS Vancouver hotline: 687-2437  
1107 Seymour St. General: 893-2210 (counseling)

Safe Company 660-7949  
1170 Bute (Free- HIV Clinic)

### Counselling Services

Children's Help line O for Operator  
(Help and advocacy) Zenith 1234

ACT 2 Child & Family Services 937-7776  
2nd Fl. - 1034 Austin Avenue (sexual abuse victims & victimizers)

KIDS Help Phone 1-800-668-6868  
(crisis line - 24 hours)

Vancouver Crisis Centre 872-3311  
(\*Suicide prevention)

East Vancouver Community Services  
251-9023 (Family & Child support, Drug & Alcohol program)

Gay & Lesbian Counseling 684-6869  
1170 Bute St. (drop in Lounge, Legal clinic)

S.A.F.E.R. 879-9251  
300 - 2425 Quebec St. (suicide crisis line & emotional sup.)

Western Institute for the Deaf and hard of Hearing 736-7391 - 2125 West 7th (interpretation, employment agency)

Youth Services (MSS) 660-9376  
(adolescent, Drug & Alcohol counseling)

### Detox

Alcoholics Anonymous 444-3933

3457 Kingsway (Pass the Hat Donations, 12 Step Plan)

Al-Anon & Al-teen 688-1716  
306 - 626 West Pender St. (self support and group, 12 step plan)

Harbour Light Detox 682-3674  
119 East Cordova St. (Free- counseling)

Narcotics Anonymous 873-1018  
(12 step program, group support)

Pender Detox 682-2806  
59 West Pender Street (Free, short term, M/F, 24 hrs. support)

TRI LINE 1-800-663-1441  
(Drug & Alcohol counseling)

Vancouver Detox Centre (Prov.)  
660-6656 - 377 East 2nd. Avenue (Free- Counseling 24 hrs.)

### Drop-In

YWCA Crabtree Corner Emergency  
Short term Daycare 689-2808 - 101 East Cordova (Daycare, Clothes for single Moms & Kids)

The Quest Outreach Society 436-4889  
303 East Cordova St. (phone for serving schedule)

Hobbitt House 688-1084  
1025 Nelson St.

Evelyn Saller Centre 665-3075  
320 Alexander Street (Free Showers & Laundry)

### Emergency

Vancouver General Hospital 875-4995  
910 West 10th Avenue (24 hrs. - Medical card necessary)

Poison Control Centre, B.C. Drug

and Poison Info-centre 682-5050  
(non-emerg 682-2344)

Police, Fire, Ambulance 911

### Food

First United Church 681-8365  
320 East Hastings St. (phone for schedule)

Franciscan Sisters 685-9987  
373 East Cordova (phone for schedule)

Union Gospel Mission 253-3323  
616 East Cordova St. (by Donation, Drug & Alcohol program)

The Vancouver Food Bank 689-3663  
1650 Quebec (Emergencies only) (phone for schedule)

### Housing

Central City lodge 681-9111  
415 Pender Street (long term care, addict program)

D.E.R.A. - Downtown 682-0931  
(help with landlords, social housing)

Downtown Granville Tenants Assoc.  
683-5048 - 1067 Granville Street (Problems, housing info. for the poor)

Dunsmuir House for Men (MEN ONLY)  
681-3405 - 500 Dunsmuir Street (hostel for men, affordable rent)

Tenants Rights Action Coalition  
255-0546 (Offers information on rights re: repairs, rent increases, deposits)

Unity Housing 879-8416 - 102 - 96 East Broadway (housing for mental health consumers/survivors)

Vancouver Housing Registry 873-1313  
501 East Broadway (free listings of affordable housing)

### Mental Health

Broadway South Mental Health Team 253-5353  
209 - 2250 Commercial (free assessment, outreach, support)

Coast Club House 876-6345  
295 East 11th Avenue (help with employment, housing, recreation)

Downtown Coast Club House 683-3787  
948 Richards Street (social activities, outings, information)

The Kettle Drop-In 251-2854  
1993 Commercial (referrals for shelter, medical, counselors)

Kitsilano Mental Health Team 736-2881  
400 - 1212 West Broadway (counseling, social workers, group)

The Living Room Drop-In 255-7026  
528 Powell Street (outreach team, advocacy)

Mental Health Emergencies 732-7307  
1655 West 10th Avenue (Crisis intervention for mentally challenged)

Mount Pleasant Mental Health Team  
872-8441 - 100 - 2425 Quebec Street (Therapy, assessment, consultations)

West End Mental Health Team  
687-7994 - 1555 Robson Street (groups, counseling, social workers)

Westside Mental Health Team 873-6733  
200 - 4088 Cambie Street (free assessment, treatment, outreach)

### Native

Aries Project 255-1326  
1607 East Hastings (alternative schooling 13-18, childcare)

First Nation Focus 681-6536  
403 - 318 Homer Street (programs for unemployed, drug & alcohol program)

Helping Spirit Lodge 872-6649  
(Safe house for Women & Children)

Inuit and Native Health Services  
666-3331 (medical & dental services)

Native Health Society 254-9949  
451 East Hastings Street Clinic - 449 East Hastings (substance abuse, life skills program)

Native Housing Society  
c/o Squamish Reserve, North Van. (waiting list, subsidized housing)

Native Youth Job Corps 253-0107  
1607 East Hastings St. (Natives 17-24, various programs)

### Shelters

Catholic Charities Hostel (MEN ONLY)  
443-3292 - 828 Cambie Street (emergency shelter, \$7.00 meal tickets)

Crosswalk (S. Army) 669-4349 - 45 Cordova Street (Tea & Coffee, emergency shelter)

Look Out Shelter 681-9126 - 346 Alexander Street (emergency shelter)

Powell Place (WOMEN & CHILDREN)  
683-4933 - 329 Powell Street (short term, emergency shelter, food)

Triage Emergency Shelter 254-3700



# Future Forecasts

## Aries

(March 21 - April 20)

Those who never look at their emotional self are inviting chronic health problems. You have an opportunity to probe your 'secret self' in the next several weeks. Ask yourself: in which areas of my life am I most self-defeating? Where do I undermine the very things I wish to accomplish? Richard Bach said, "Argue for your limitations - and they're yours." This year you will come to the realization that we are all in the same boat and what is done to help one person - is done for all. Be open to ways to grow through meditation, self-contemplation and yoga. You are the explorer of the Zodiac, Aries - the pioneer! You're ready to test the outer limits - but can you dare to go within?

## Taurus

(April 21 - May 21)

Focus your energies on friendships, group membership, and your social conscience. Are you satisfied with these areas of your life? Do you have as many friends as you want? Are the people you spend time with the people you really want to be with? What do you offer as a friend? Do you give as well as take? You are responsible for the people you attract. Your style - your values - your way of being determines who will want to be with you. Take an inventory of your fondest hopes and dreams. Where do you want to be in 15 years? Unless you are specific about what you want out of this life - how will you ever get it?

## Gemini

(May 22 - June 21)

Time to take stock of your career and public image. Career comes from the French word carrier meaning highway. It does not necessarily mean what you do to earn money. Your career is your path in life. A woman who is raising three children could have a career as a mother. She may take 'time out' to work at a job to earn money to support her career. Regarding your career - whatever it may be - ask yourself: what progress have I made during this last year? Where do I want to be one year from now? What steps do I need to take now to realize those goals? Do I need new skills? You are responsible for your own success...

## Cancer

(June 22 - July 23)

This month you can benefit by taking stock of your education and your life belief system. Do you have the education you wanted? Remember that education and accreditation are two entirely different things. Many people have a university degree but they lack an education. My

dictionary defines education as "teaching or the training of mind and character." This kind of education takes time - not money. Are you doing anything to expand your awareness of knowledge? What is your philosophy of life? Franklin said that "Time is the stuff life is made of." Each of us has 24 hours a day. It's the great equalizer. What are you doing with your life?

## Leo

(July 24 - August 23)

This month you will benefit by reviewing your approach to sex, reproduction, death, healing and other people's money. Do you have a sex life - and if not, why not? You may be denying yourself something which is important to your health and well being. (Not to mention fun.) Many of us go through dry spells which actually are a smoke screen for other problems (tremendous anger, hurt or a power struggle.) This is an excellent time to start a self-healing program. It's also a per-

## Libra

(Sept. 24 - Oct. 23)

Studies increasingly show that health is very much a matter of beliefs and attitudes. This month focus on your body and your health. List your illnesses and aches. Check a Louise Hay book to determine the correlation between your physical problems and her suggested causes. Your body, mind, and emotional well being are definitely connected. Work is another area of focus this month. How do you work best? Your work habits help or hinder your ability to achieve your goals. Ask yourself what circumstances promote the most creative output from you? If you define them - you'll have a better chance of making it happen.

## Scorpio

(Oct. 24 - Nov. 22)

Love affairs, children, creativity and leisure activities are your focus this month. What are your attitudes to romance? Do you

**Old flames, past sweethearts and heart throbs continue to pop out of the woodwork. The influence which conjures up people from our past remains until the 5th. Stay prepared!**

**Last Friday it was Full Moon, a time which triggers tension for many of us because the Sun and Moon are in exactly opposite signs. The New Moon however, is smooth - and it is the most excellent time to initiate projects and activities if you want them to be completed successfully. When the Sun and Moon are in the same sign, there is a tremendous burst of energy available to put to work at improving a particular area.**

**By knowing when and where to focus you can be greatly benefited. It's like rowing a boat. Do you want to set out rowing against the tide or with the tide? Such is life.**

**Check your sign to see how this New Moon can help you.**

fect time to take stock of your bills. (The bane of every Leo's life.) Make a reasonable budget for getting out of debt. Who knows? A debt free mind could promote a sexually active body.

## Virgo

(August 24 - September 23)

This month's lunation directs your thoughts to long-term, committed relationships. We generally seek out the very people who confirm our beliefs about relationships and about our own lovability. If your underlying attitude is that no one will be there for you - that will be the case. If you believe that others want you only for what you can do for them - then you'll attract only takers. Write down your basic beliefs about love: "What other people want out of me is..." "Whenever I get involved in a relationship..." You may find a pattern that astounds you. (And all this time you thought it was just the stars...)

almost intuitively play up to the wrong people? (The ones who give you nothing but heart ache.) Examine your past track record to see if there is a pattern. You could be your own worst enemy when it comes to love. Ask yourself what you want out of a relationship - then expect to get it. Children are also a cause for concern now. Most Scorpios adore children and feel protective toward them. In turn, children are drawn to you because they sense your inner strength. Don't be afraid to have fun!

## Sagittarius

(November 23 - December 22)

This month, consider the influence of your past, parents and heredity and how they impact your life today. In particular, ponder the mothering and nurturing you received or didn't receive and how that affects your sense of security. Whatever happened is in the past, you can only live now in the present. Examine your lifestyle to see how you limit your options

because of your parent's beliefs or values. This is hard to acknowledge in ourselves. Have you allowed yourself to be yourself? Have you ever really thought about it? It was a famous Sagittarius who said "Follow your bliss."

## Capricorn

(December 23 - January 20)

This month, examine your routines and communications - especially with relatives and people you meet every day. If you feel that your needs aren't being met, perhaps you are not communicating them well to others. What kind of communicator are you? You are conservative and shy away from too much attention, but you value your public reputation which is based upon what you say and do. Do you confide in anyone? If you don't communicate, you cut yourself off from humanity. If you are not dead, you are sentient, and to be sentient is to respond. By not responding you have far more to lose than by risking self-expression. Many are dead years before they are buried.

## Aquarius

(January 21 - February 19)

This month we're talking money. Cash. Where is it and why isn't there more of it? What are your attitudes to money? "Filthy lucre" or "sweet security"? Or do you see money as a tool, a commodity by which you can purchase benefits in your life? Your attitude about something controls the way it manifests in your life. If you believe that money is the root of all evil - you're not likely to have much of it. "Easy come, easy go" manifests quite differently from "A penny saved is a penny earned." Take stock of your financial scene: what's coming in and where is it going? Do you have savings? Debts? In astrology, money and self-image fall in the same area of one's chart. How rich are you?

## Pisces

(February 20 - March 20)

This month's New Moon is in your sign. What "impression" are you giving to the world? Do you hang back? Or do you come on like gangbusters? Is your image bringing you what you want? Ask yourself if you are conveying the image you want to convey to the world. Maybe you're dated. Are you still back-combing? Does your appearance reflect the changes you have undergone in the last fourteen years? Your posture, your way of dressing, your hair style speak volumes to others at an unconscious level. You can control all of this. "First impression, last impression". Appearances are nothing - and everything.

For personal astrological readings, call Georgia Nicols at 605-2605.



# Calgary Wants Our Spare Change

Who cares if the Oilers aren't what they used to be? Calgarians may snicker at our humble hockey team, but they want our Spare Change.

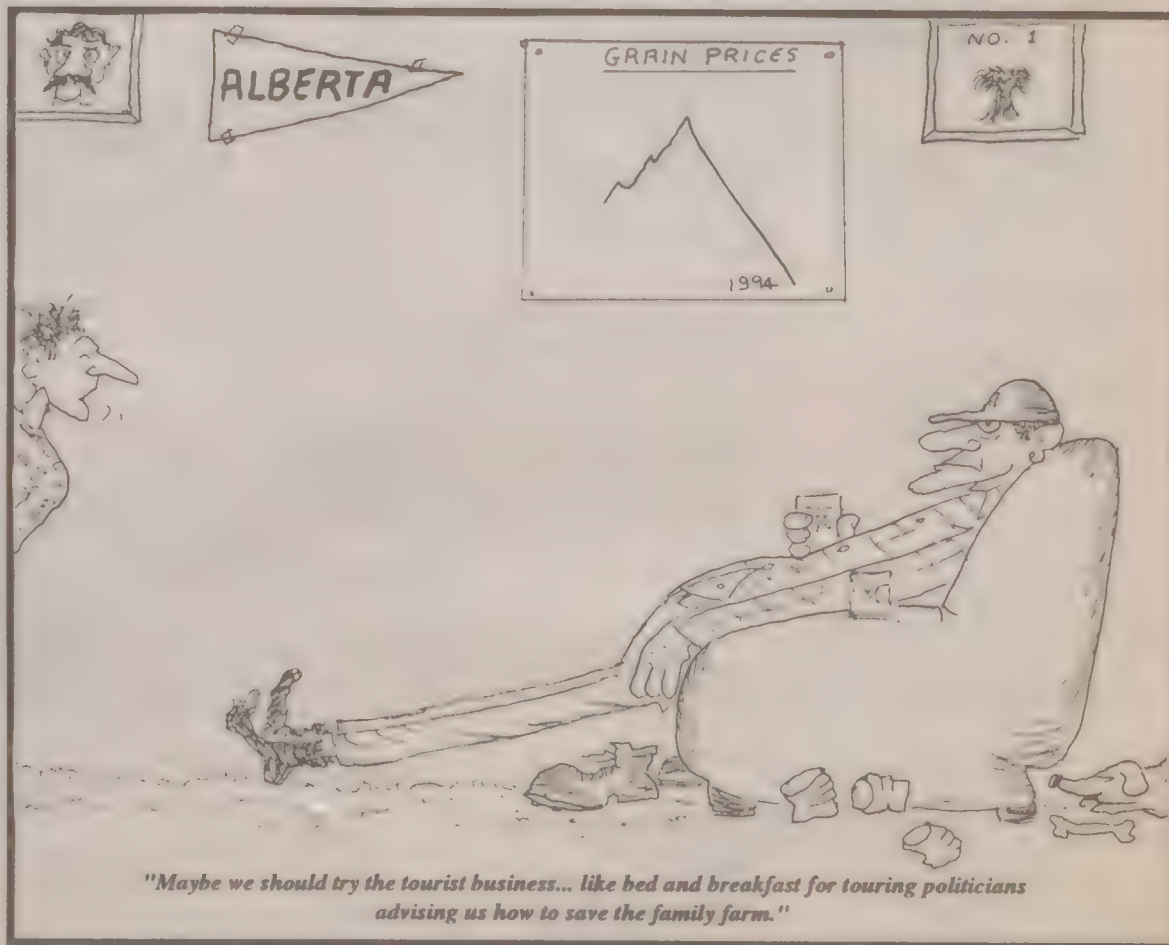
When the Spare Change (Edmonton) edition premieres on April 1, the issue will be sold in Calgary as well. Calgary vendors will get their copies through the Calgary Urban Project Society (CUPS).

Sharon Barrette, CUPS development coordinator, says people are excited at the prospect of selling an Alberta-based Spare Change.

"Spare Change has been a great success in Edmonton and we know it will sell here as well. We're already getting a lot of interest from people who want to be vendors."

Meanwhile back in Edmonton, sales of the January edition of Spare Change shot up to over 8,000 copies. Over 100 vendors are hawking the paper and another 25 new vendors are selling the February 15 edition.

At a lively meeting in early February, vendors decided that all vendors must wear photo identification when selling the paper. Business manager Gord



Poschwatta purchased a lamination machine to make the ID. Vendors with photos can pur-

chase the identification when they pick up their newspapers at the Bissell Centre. Prospective

vendors can get their photo ID and 20 copies of Spare Change on credit.

## Bissell Centre – Casual Labour Office

No charge job referral of many types of workers

When we think of casual labour we all tend to think of unskilled workers performing manual tasks. Although this is still the case, the scope of casual labour has expanded greatly in recent years. The poor economic climate has meant that many well-trained workers have found full-time, permanent employment difficult to obtain and are available for hire on an hourly basis. "We even have a qualified junior accountant on our books," says Marie Sparklingeyes, Employment Coordinator of Bissell Centre's Casual Labour Office. "Employers can request the skills they want and we try our best to find a worker to fit their requirements." As well as swamper, general labourers, shippers and

receivers Bissell Centre has fully trained forklift operators, roofers, drywallers, framers, carpenters, heavy equipment operators, typists, and cooks looking for work each day. About 70 would-be workers register at the Casual Labour Office each week-day morning, and about 20 of them are lucky enough to be selected. For the very lucky ones, it sometimes means a permanent job. "Our office is a way for employers to test potential employees," states Marie. "We often find that employers request a worker whom they have had before. Sometimes when a permanent vacancy occurs they will think of them."

Bissell's Casual Labour Office offers job referral at no charge to the employer or employee. The

service is non-profit, and its costs are covered by the federal government. The only cost for an employer is the wages. All wages are given to the employee who is then responsible for any necessary deductions.

Bissell Centre has made every attempt to employ workers from its Casual Labour Office. During recent renovations almost all the workers were obtained from the office, and two-thirds of the workforce employed to build the bachelor apartments managed by the agency were recruited through the Office. Doug Elniski, Project Manager, stated that he was very pleased with the work ethic and skills of all the workers. Bissell's Second Chance resale store has also employed workers. "It seems

only right to support Bissell's other services," says Terry Porter, Store Manager. "One of my best workers came to us from the Casual Labour Office."

Workers are available 24 hours a day and seven days a week but all requests must be made during office hours; Monday to Thursday 7 am - 2 pm and Friday 7 am - noon. It is also possible to recruit individuals for workplaces outside of the city on the condition that transportation is provided. Very few of the workers have their own vehicles or enough money to cover out-of-city bus fares.

The Casual Labour Office could be the answer to your permanent or temporary labour needs. If you need further info, please call Marie at 424-4385

## Edmonton Street Guide

### Advocates

Student Legal Services (Free Legal Help) 425-3356

### AIDS

AIDS Hotline (Free) 1-800-772-2437

Karos House (Accommodation, Basic Care and Support) 432-1137

Sexually Transmitted Disease Clinic 427-2834

Community and Social Services (Information) 482-4636

### Distress Line

482-HELP (4357)

### Emergency Services

Child Abuse Hot Line Call Operator ('0'), ask for Zenith 1234

Emergency Social Services (Emergency Social Assistance or Free Help for Runaways Who Want to Go Home) 427-3390

Community and Family Services 496-5801

Sexual Assault Centre 423-4102

### Food

Edmonton Food Bank 10218-111 Street - 425-4190

Humans on Welfare 424-7924

Mustard Seed Food Bank 10635-96 Street - 424-0400

Salvation Army (Family Division) 424-9222

### Kids Help Phone

(Free) 1-800-668-6868

### Medical Care

Boyle-McCauley Health Centre 422-7333

### Shelter

Women's Emergency (Accommodation) 423-5302

Win House 479-0058

Youth Emerg. Shelter 468-7070

### Street Youth Services

(Crossroads Outreach Program, Food, Shelter, Safety, Support and Legal Help) 424-7421

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### Apology

A few readers called the Spare Change (Edmonton) office to complain about a poem we recently published. We apologize to any readers who found the poem offensive. We always welcome readers' comments, criticisms, and suggestions. Please forward your comments to the Spare Change Editorial Office at 423-2285.



## 'Smarten Up and Listen' say low-income moms.

Joan Linder is about to give Premier Ralph Klein an earful about his government's cuts to social services.

The mother of three from north Edmonton joined about a dozen other mothers on welfare in a meeting with Liberal Leader Laurence Decore in early February. At that meeting, the group discussed the problems they experienced as a result of recent slashing of both welfare benefits and the number of people on social assistance in Alberta. Out of the meeting Linder got exactly what she was looking for — a chance to meet directly with premiere.

"The publicity wasn't as important to me as the Opposition listening and taking some active roles in helping us get through to the government," says Linder. "I've been advocating for three-and-a-half years for the department to smarten up and listen, so it's really exciting."

The group meets with Klein and Social Services Minister Mike Cardinal on March 8 to explain how the Tories' plan to eliminate the deficit in three years is hurting people.

"Maybe our books look better, but the province doesn't: there's not any more jobs, there's not any more self-esteem, there's not any more pride in the province."

Linder, who is working in outreach at the Neighbourhood

Activity Association of Belvedere under a work-for-welfare program, says that while single mothers have been hit hard, the plan to slash welfare cases and put recipients back into the work force is hurting a much broader group.

With unemployment so high, taking many unskilled people off welfare and forcing them to compete for jobs with highly skilled workers creates an impossible situation, Linder feels.

"I see so many people who



come crying to me, saying 'what do I do?' They're putting out 75 to 100 applications, but a person who hasn't worked out of the home for ten years is not a hot property."

Linder says she's one of the luckier victims of the cuts because she lives in subsidized city housing. Many others on

welfare have been trapped with little money to live on after rent by a combination of cuts to housing allowances, damage deposits and moving expenses, she says.

Cutting the annual allowance for school fees to \$25 per child is another blow, she says. Linder points out that her two school-aged daughters have combined school fees of \$300 this year.

"(Klein) started us off so far in the hole that some of us are saying forget about it, there's no light at the end of the tunnel — there's no bloody tunnel."

She's not just asking for more money, but also for more programs to help people with little education learn to manage what they've got better, and more training programs to help many adjust to working life.

"I'm asking for Supports for Independence to live up to its name." While Linder is hoping to have some impact in the meeting with Klein, she's not overly optimistic.

"Unfortunately, my rose-coloured glasses were kicked off a long time ago, but never have I been in a group that has garnered his complete attention."

She says that she'd be happy at this point if the government just slowed the cuts down a bit.

The March 8 meeting will be closed to the public and media.

by John McLaren

## Taking Control — Advocacy Tips & Techniques

The best person to advocate for you is yourself. More and more, people with low incomes are advocating directly to politicians on their own behalf. That's great, but how do you get started? Here are some tips of the trade courtesy of the Edmonton Social Planning Council ('Collective Advocacy and Lobbying Tips and Techniques'). Happy Lobbying.

• It all starts with good planning — bad individual advocacy will likely only discredit yourself; bad lobbying hurts the whole cause.

• Build a broad coalition of like-minded people — what

**Advocacy and lobbying are an emotional roller coaster — hold on and stick with it**

groups or individuals are your natural allies?

• Set a realistic target — choose a specific goal you can win and set a timeline for actions.

• Do your homework and get your facts straight — know your issue inside and out.

• Be imaginative and have fun — the media likes actions that are different and grab attention.

• Cultivate your media contacts personally — don't just rely on press releases to get coverage.

• Start with one spokesperson, then add more later as you get media coverage.

• Be careful of your relationship with Opposition politicians — are their motives the same as yours?

• Advocacy and lobbying are an emotional roller coaster — hold on and stick with it.

### Conquest

I sipped the living water  
from the cup of life  
And longed for things  
eternal, an end to mortal  
strife,  
Then that cup was shattered  
in shards about my feet  
For I in grief, near  
conquered, had entered full  
retreat.

My sword I lost in battle, my  
girdle through abuse,  
And all my strengthening  
armour had suffered like  
misuse.

While captive of my sorrow,  
and ready to resign,  
The helmet only kept me  
with sustenance divine,  
For while I groped in  
darkness, I reached out  
from my night,  
Knowing He would lead me  
by faith into the light.

by Linda Dumont

### MIKE AND RALPH



L. DUMONT

Hey Ralph, here's one cut we haven't tried!

Cartoon by L. Dumont

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Bissell Centre's Casual Labour Office is government funded and operated on a non-profit basis.

We charge no fees to employers or employees



**PAY THE WORKER NOT THE BROKER!**

**CALL 424-4385**

(In Edmonton)



## When Making a Job is Easier than Finding One

You may be living around skyscrapers, but you can still farm the land, so to speak. The age-old skills of hunting and gathering remain useful in our modern concrete jungles.

Early settlers were rugged individuals who left the comfort and security of civilization to grab a piece of the dream. To realize your own dreams, consider doing the same!

Many of us probably fantasize about having our own business whenever we get squashed by a bad-tempered boss. We're the victims of cut-backs, modernization and just plain boredom.

Starting your own business is easier than you think. While we no longer have free roaming buffalo, we do have free ranging empty cans and bottles. The search for the hidden prey continues night and day as people armed with cars, buggies, bicycles, back packs or the humble shopping bag, rummage through the garbage cans of the city for the spent shells of sickly sweet and alcoholic beverages.

But garbage cans are full of more than just empties. They are the warehouses of past over-indulgences. In them, you can find televisions, beds, couches, ovens, computers, books, ornaments, factory-sealed food, clothing, bicycles, etc. A virtual

bonanza of freebies. Sure, some need a good cleaning, others a few turns of the screwdriver, but many are in perfect condition and discarded because the owner put on a pound or two extra, or wanted next year's model.

Some enterprising souls sell these treasures to local pawn shops for far greater profit than tin-can scavenging ever earned. Others lay out their wares on sidewalks or join someone else's garage sale to cut out the intermediary.

Many people survive with dignity by selling cans, bottles and other treasures discarded by others. But how do these fledgling entrepreneurs make it to the big time?

Joining the mainstream by becoming "legal" is simple and, contrary to some people's opinions, mainly lawyers and accountants, we don't need lawyers or accountants to do it.

First, the government asks that we give our business a unique name. Searching for names already being used takes about two minutes, but they charge enough to search for a Sasquatch.

We must also apply for a business licence. They'll give a licence to anyone as long as the business is socially acceptable. Fees vary depending on the type of business.

Lastly, we need both of these items to get a bank account in order to cash the cheques people give us in the name of our business. Small business accounts are charged a basic fee every month and an extra amount for each transaction.

Records of all transactions must be kept so the appropriate taxes can be paid, but this becomes important only when the business makes money. The government, in its kindness, won't expect taxes until the business makes a profit.

The whole process of becoming self-employed costs about \$150. Share the costs with a partner or two. It will take a few months to take care of all the administrative details. It takes so long because highly-educated government employees can't find the "on" switch on the super-computers, or maybe because it takes a while to swim to Victoria.

If you'd like to hear about making it on your own, the down-and-dirty guide, "Your Own Business - Doing It!", is perfect for you. It illustrates smart ways to choose a great product you can live with and methods of telling the world about it. Included are details about coming up with a business name, getting the

licence and your business bank account. Everything's been painstakingly laid out and explained in the exact order that's needed to lead you step-by-step into self-employment without any rude surprises.

Clearly print your name and address and send \$10 to "Big Reports" at Suite 736, 916 West Broadway, Vancouver, B.C., V5Z 1K7.

by  
Jacoba



## Don't Be Left Out in the Cold



In a few weeks time, Spare Change Newspaper plans to move into a larger space in Gastown. Thanks to an offer from a real estate company, we are being offered a special rate if we help organize this facility. Ideal businesses to join us:

1. Are looking to share any of the services listed to the right;
2. Want to leave their home-based location;
3. Want to start up a new business and can't afford separate space; and/or
4. Need to secure customers but can't afford advertising.

If you feel sharing with our newspaper will accomplish your goals, please write care of the Spare Change office (no phone calls please) at 101-335 West Pender Street, Vancouver, B.C. V6B 1T3. Rents will range from under \$100 for Voicemail/Secretarial up to \$300 for desk space and shared services. This is not an offer for a packaged office, but rather an opportunity for qualified people to work in a co-operative environment. There is still a choice of spaces, but if you are interested, write soon because first come, first serve.

We're looking for a few good services...

- |   |  |
|---|--|
| <input type="checkbox"/> Secretarial          | <input type="checkbox"/> Legal               |
| <input type="checkbox"/> Reception            | <input type="checkbox"/> Bookkeeping         |
| <input type="checkbox"/> Telephone/Voice Mail | <input type="checkbox"/> Accounting          |
| <input type="checkbox"/> Fax/Modem            | <input type="checkbox"/> Public Relations    |
| <input type="checkbox"/> Photocopier          | <input type="checkbox"/> Publicity           |
| <input type="checkbox"/> Computers            | <input type="checkbox"/> Desk Top Publishing |
| <input type="checkbox"/> Production           | <input type="checkbox"/> Advertising         |
| <input type="checkbox"/> Graphics             | <input type="checkbox"/> Design              |

...to share our new space

Please send in the following information to Spare Change, and we will get back to you to discuss space sharing options as soon as possible.

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_  
 Postal Code \_\_\_\_\_  
 Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_  
 Present business/occupation \_\_\_\_\_

Please mail to Spare Change at 101-335 West Pender, Vancouver, B.C. V6B 1T3.

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information on the Spare Change Community Bill-board. FREE ADS (up to 15 words) for the down-but-not-out. Phone 689-1117 during office hours.



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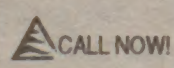
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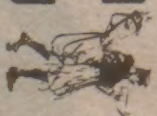
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